



2019 Team Sprint and Team Pursuit Selection Criteria

Team selection will be done at the March 14-15th Teams of BC Camp. The selection will be a committee decision by the Teams of BC Coaches. Coaches will be choosing the fastest combination of riders for a team, not just the fastest four individuals. The Coaches will use both objective (times) and subjective (riders' skills) criteria to determine the fastest teams. All U17 riders are to run 86-88" gear. This is to compensate for the slower conditions at the Burnaby velodrome, so riders perform at the race cadence we expect to see at Milton. U19 riders can run their choice of gearing.

Team Events at Nationals:

U17 W: 500m Team Sprint 2 riders, 3km Team Pursuit 4 riders. *Team races as composite.

U17 M: 750m Team Sprint 3 riders, 3km Team Pursuit 4 riders. *Team races as composite.

U19 W: 500m Team Sprint 2 riders, 4km Team Pursuit 4 riders. *Team races as Cycling BC.

U19 M: 750m Team Sprint 3 riders, 4km Team Pursuit 4 riders. *Team races as Cycling BC.

Selection process:

Team Sprint

1. Timed events: 500m standing start from starting gate. Times will be taken at 200m, 300m, 400m, and 500m.

2. Group Trials (if needed): From the standing starts, groups will be created from the fastest 200m/400m times and run through full distance race trials. There may be multiple race trials so that riders with similar times can be switched around in position and groupings to allow for comparisons in team times. This will help coaches observe skills and determine the fastest rider combinations for each team.

3. Skills that will be observed and evaluated:

- Standing start
 - Comfortable and relaxed during timer countdown.
 - No bike movement before the starting gun.
 - Butt goes up and off the seat at the appropriate time.
 - Good timing on the start.
 - Powerful acceleration forward with strong arms and hips driving power.
 - Standing through the first half lap.
 - Riding on a wheel
 - Sits comfortably on the rider's wheel.
 - Does not overlap wheels.
 - Can handle speed adjustment safely.
 - Demonstrate proper exchanging technique
 - Lead rider moves out of the sprinter's lane in between the pursuit line and 15m past the pursuit line. *
 - When leading rider is leaving the lane, the following rider does not overlap wheels before crossing the pursuit line. *
- *These are UCI rules and failure to follow them will result in disqualification at any level.
- Team Work
 - Rides for the success of the team and acts in a manner that benefits the team rather than the individual.

- Grit
 - Rider pushes themselves as hard as possible and doesn't give up prematurely in efforts.

Team Pursuit:

1. Timed events: 500m standing start (from TS trials), 2km/3km IP using holders
2. Group Trials (if needed): Groups will be created from the fastest 2km times and run through flying 1-4km efforts and standing 1-4km efforts. There may be multiple race trials so that riders with similar times can be switched around in position and groupings to allow for comparisons in team times. This will help to allow for the coaches to observe skills and determine the fastest rider combination for each team.
3. Skills that will be observed and evaluated:
 - Standing start technique:
 - Comfortable and relaxed being held during timer countdown.
 - No bike movement before the starting gun.
 - Butt goes up and off the seat at the appropriate time.
 - Good timing on the starting gun.
 - Powerful acceleration forward with strong arms and hips driving power.
 - Standing through the first half lap.
 - Riding on a wheel:
 - Sits comfortably on another rider's wheel.
 - Does not overlap wheels at any point during the ride.
 - Can handle speed adjustment safely.
 - Maintains the speed when at the front.
 - Changes the speed by maximum .2 sec up or down towards the goal speed.
 - Exchanges:
 - Carries speed off the front of the group up the banking.
 - Exchanges high in the banking, well above the blue line.
 - Uses a sharp enough decent to accelerate back onto the group.
 - Slots back onto the group upon arrival back into the sprinter's lane.
 - Does not need to chase onto the group after exchanges.
 - Finishing formation:
 - Displays proper knowledge of finishing formation, where lead rider floats up to the blue line exiting corner 4, second rider floats up to no man's land, and third rider stays in sprinters lane.
 - Pacing:
 - Ability to follow coach's direction for lap times, pacing, and pull length.
 - Communication:
 - Communicates appropriately only if situations arise during efforts, examples of this are: using "steady" to control any acceleration, yelling "the number of rider left" if rider gets dropped, yelling "in" if there is a gap to be filled.
 - Team Work:
 - Rides for the success of the team and acts in a manner that benefits the team rather than the individual.
 - Grit:
 - Rider pushes themselves as hard as possible and doesn't give up prematurely in efforts.